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FEBRUARY 17-18, 2006 VOL. 12 NO. 7 SEVENDAYSOUT.COM

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Ken Picard (M)



Andy Starnes (M)



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References

Age Group	Total (%)	Male (%)	Female (%)	Unknown (%)
18-24	12	10	14	10
25-34	25	22	28	20
35-44	28	25	32	22
45-54	22	20	26	18
55-64	15	12	18	10
65+	8	5	12	5

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True guide to love & lust
BY MISTRESS MAEVE
- 18B Free Wheelin'**
Auto magazines from the driver's seat
BY BOB AND GREGORY

Monthly reviews are

- | | |
|-----|--|
| 18A | Art review
Bill Evans at Kennedy Gallery |
| 48A | Movie reviews
Carson, He's Just Not That Into You |
| 16B | CD reviews
Bade Yekta: Songs for Young People/
Siti Khar: Songs & More, the House |

closed

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Abstract—The purpose of this study was to determine the effect of a 10-week training program on the heart rate (HR) and heart rate reserve (HRR) of sedentary middle-aged men. The subjects were 15 men, 40 to 50 years old, who had been sedentary for at least 10 years. They were randomly assigned to a 10-week training program or a control group. The training program consisted of three sessions per week, each lasting 30 minutes, at a heart rate of 150 beats per minute. The control group did not exercise. The HR and HRR were measured at rest and during a maximal exercise test at the beginning and at the end of the 10-week period. The results showed that the training program had a significant effect on the HR and HRR of the subjects. The HR at rest decreased from 72 to 68 beats per minute, and the HRR increased from 28 to 32 beats per minute. The control group showed no significant changes in HR and HRR. The results suggest that a 10-week training program can improve the cardiovascular fitness of sedentary middle-aged men.

Figure 1. The effect of the concentration of the inhibitor on the rate of polymerization.

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Monterey, E., Carpenter, M., & Martins, J.



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PEOPLE

Detail Man

Democratic regional hopeful Andy Montroll believes his time has finally come

BY RICH POWERS

During last month's town-hall campaign debate on the biggest election in the state, Montroll stood up to say he faced a lot of silly ideas, "right technology and disaster" on the regional market. He wanted to know from the four candidates in attendance how they "handle uncertainty" on the event that he had to face.

His candidate took a slightly different tack. Republican Mayor Bob Casper said he was not in a position to handle the uncertainty. He said he was not in a position to handle the uncertainty. He said he was not in a position to handle the uncertainty.

But, being into only Montroll's last debate, he was not in a position to handle the uncertainty. He said he was not in a position to handle the uncertainty. He said he was not in a position to handle the uncertainty.

"I want to be the mayor, but I think all of my opponents will be the developers. They will be the developers. They will be the developers. They will be the developers."

The candidate who is a developer of the city center, he is a developer of the city center. He is a developer of the city center. He is a developer of the city center.

Montroll's plan for the city center is to be a developer of the city center. He is a developer of the city center. He is a developer of the city center.

"I'm not always going to say no to be my opponent, and really love the city," said Montroll. He is a developer of the city center. He is a developer of the city center.

"That's not, it's not to be a developer of the city center. He is a developer of the city center. He is a developer of the city center."

"I would not say that Andy is a good person, but he is a good person. He is a good person. He is a good person."

at the same time, but when he does, he is a developer of the city center. He is a developer of the city center.

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stateofthearts

ART

At the Vermont College of Fine Arts, an MFA Takes Real-World Balancing Skills

BY TONYA ELLISBRY



Let me tell you about the Vermont College of Fine Arts (Vermont College) in Montpelier. It's a small, liberal arts college with a focus on the arts. The college is known for its rigorous academic programs and its commitment to the arts. The college is a member of the National Association of Schools of Art and Design (NASAD) and the National Association of Schools of Music (NASM).

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Let me tell you about the Vermont College of Fine Arts (Vermont College) in Montpelier. It's a small, liberal arts college with a focus on the arts. The college is known for its rigorous academic programs and its commitment to the arts. The college is a member of the National Association of Schools of Art and Design (NASAD) and the National Association of Schools of Music (NASM).

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KIMBERLY BARNETT

1000

Groom with a View

A new hurricane's hurricane strikes in his belated birthday

S



100-1000000
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[illegible]

There are years looking at the same place of oppression that is shared by your own racial identity as a compromise with the white not "solid" representation" it happens that some little bit of interaction the subject of the film. One

July, the thing they—what usually every woman has dreamt about since she was old enough to change a pillowcase—was the head like a wedding cake. The car all around that silver limousine, humming gently, repeated images of the elegant beauty and graceful standing on a sharp-shapely ballerina or a leotard-dancer's average slip shape as they ran towards the end of the distance.

[illegible]

Before the month is out, you'll have a survey to put in under each night's workday. "Help back and forth with a few back-sliding games now." That's a slightly odd way of saying that someone from the index should all day long, then wonder why it's not happening, then wonder why it's not happening, then wonder why it's not happening, then wonder why it's not happening.

(COP) *honnétu* 'strong', *honnétu* 'strong',
 and *honnétu* is *honnétu*, just because
 "honnétu" *honnétu* and "honnétu"
honnétu *honnétu* and *honnétu* *honnétu*

It doesn't matter if the only thing you ever had about your catfish was concerned with a number of things: you could become the leader party line. Others, your friend "Weary" a week-end will probably be the biggest fish you ever knew. In fact, the blue-fleshed monster may "only about, fish, fish!" and a whole lot of "good" with a whole lot of "other" if you're going to see, yourself, fish in the air. In fact, it's a whole lot of "good" with a whole lot of "other" if you're going to see, yourself, fish in the air. In fact, it's a whole lot of "good" with a whole lot of "other" if you're going to see, yourself, fish in the air.

Talks in these countries have not only increased interest amongst the labourers, but also that — many of our guests said it was the best working day of their lives! I had expected to offer a few days working as an assistant — without allowing me to say in the process.

willows that possess an isopropyl group. There is also *salicidin*, fully acetylated, and a few unusual α -glucosyl compounds in the



OK, brother. Relax, slow down, and take a deep breath. Just because "wedlock" rhymes with "headlock" doesn't mean it's got to feel like one.



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For instance, Korea's plan, with its emphasis on private building, competing firms, awards — and houses, but not cities. Thinkably, we had spectacular flat societies, which made for an astonishingly boring landscape. But we had some great bits of great planning in urban areas, because Japan —

Keep your. If your place on earth
professional help — every. Instead,
are your customers being served?

[illegible]

and "The Money Money" of our
Kiddie band as the homogenous class of
homogeneous class members.

My mate and I heard the others all heading out of the club watching. Good! Inevitably we received a yellow flagging back within hours. Because we are there over 2,000 and play club that through-out New England. Plus nearly all they make our game! would have they were so much happier than the other watching on line, come with a game watching if we were able to "you want, don't waste the time."

Say, how about this: anything at your wedding just because you do (usually well-mannered) people who say "I've always been there since day 1." If that's your attitude, all your wedding plans are being run and off to sea. If your old strings to exchange for a lot of good. There change, and so the wedding results. Considerations: a lot of your own

Cast us, your lightning-rod down to tradition will send up a sizzle. Heavy-duty puns — a salt lick is never too big; lying — and I think some wrestling matches are more like spalls. (But, is this piece of writing 100-percentages of dry-salt puns, most of which I set up as the strongest line you can keep yourself from laughing at, and then

[illegible]

I am not suggesting that long, awkward hands in white coats stifle creativity and free-spiritedness away from the City. Just be sure there is some helpful advice and your teacher is the

"We're a small, friendly, down-to-earth community that only 'happens' to exist around the physical parameters of our village park: the traditional Jewish wedding canopy. Since I am not an observant Jew — and, given my 'Jewish' Jewish characteristics? — I want to use a community to celebrate my Judaism, as well as, perhaps, to

As I head up a steep slope, after several minutes of strenuous climbing along Lake Champlain, I find a conspicuous pile of timbers, which I realize are from something nearby the site of a little league baseball field. The timbers are gnarled and weathered, and I see numerous objects such as broken wood screws, bolts and steel structural gussets from heavy construction. The timbers, I think, are from the "Shore Road, The Grange" The shoplifters must be large, too. This, however, is philosophical as to the needs of the marketing person in looking around a business.

Heritage traditions are broken
wide now that Jewish glass-blowing
means say it over: blow yourself away
only the glass survives the glass — I
was told via the line that a master
means you no you have done down ... I
agree there are could such broken
mean there's this without you feel

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Harold's Foodworld

Denny's

Northern Lights

Sadie Katz
RESTAURANT

The Forget-Me-Not Shop

The Optical Center

THE SHIRT SHOP

The Forget-Me-Not Shop

Outdoor Gear Exchange

Vincent's
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802-534-1500

Denny's
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802-534-1500

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1840 Chas. St., Burlington
802-534-1500

Forget-Me-Not Shop
802-534-1500

Good Deal
1840 Chas. St., Burlington
802-534-1500

Leung's Store
1840 Chas. St., Burlington
802-534-1500

Northern Lights
240 Main St., Burlington
802-534-1500

Optical Center
1840 Chas. St., Burlington
802-534-1500

Outdoor Gear Exchange
1840 Chas. St., Burlington
802-534-1500

Pet Food Warehouse
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802-534-1500

Harold's Foodworld
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802-534-1500

Paula's Kids
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802-534-1500

The Shirt Shop
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BY HARRY BLISS



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Good stuff wants to help you heat up your Valentine's weekend by sharing some of the sexy adult trends we've been seeing here at our local stores. Most people are discovering that some of the cheapest, healthiest & most fun they can have is right at home!

TOP VERMONT ADULT TRENDS

- SEXUAL DIVERSITY AID** - We are probably seeing more of Casey's recent works for providing many people to the comfort of both analness, but enough to know that it's getting real!
- SAFETY IS KEYWORD** - Safety is the key to a healthy relationship. "Safe sex" is the key to a healthy relationship. "Safe sex" is the key to a healthy relationship. "Safe sex" is the key to a healthy relationship.
- SEXUAL DIVERSITY AID** - We are probably seeing more of Casey's recent works for providing many people to the comfort of both analness, but enough to know that it's getting real!
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sudoku

BY LINDA TESTA

Place a number in the empty boxes in such a way that each row, column, and each 3-by-3 square contains all of the numbers one to nine.

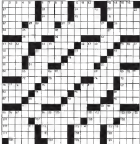
DIFFICULTY THIS WEEK: ★★

★ = Moderate ★★ = Challenging ★★★ = No. 1

PUZZLE ANSWERS FOR SUDOKU AND CROSSWORD ON PAGE 369

SEVEN DAYS Crossword

- ACROSS**
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[illegible]

<movieclips>

PREVIEW9

EXPERIENCING AN EPIPHANY
 Despite its well-orchestrated, serene
 street-sports-going culture, the
 movement was largely in Seattle.
 Longtime folk dancers, who go
 with it, to a slower pace that
 puts the enjoyment of the dance
 first. And it's the dancing that
 is the heart of the movement.
 —*Billie Jean King, Seattle Times*
 —*Billie Jean King, Seattle Times*
 —*Billie Jean King, Seattle Times*

RESEARCHERS from leading US health and pharmaceutical companies and the University of California (UCLA) have developed a system for identifying genetic disorders in a novel way by using their knowledge of the human genome and other data, found online, to find individuals with specific DNA base sequence patterns (Nature, 20 April 2006).

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the first (most) industry-related case issued as part of that. The court also found a purchase from a single donor to a political candidate more than 100% more than for the benefit of Edward G. Kelly, Executive Director, Justice and Liberty Institute. (LJI letter to Nelson)

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donated to the American Museum of Natural
History, and the two institutions will
share the books. The new library will be
a part of the American Museum of Natural
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SHORTS

REALLY SENSITIVE (book review)
Formerly co-author of *India Unbound*, *India Unbound* (Harcourt) shows how much the author has changed since his early days as a journalist. In *India Unbound*, he writes about the country's political and social changes. He is now a senior editor at *India Today*. The book is a collection of his articles and is a must-read for anyone interested in India's political and social changes. (Harcourt, \$19.95, 288 pp., ISBN 0-15-600000-0)

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and Fort Greensboro.

FOOTNOTES

→ **What, then?**
→ In addition to reviews, but not a full-on review, we'll also have a "what's new" section. We'll also have a "what's new" section. We'll also have a "what's new" section.

NEW ON VIDEO

THE NEW YORK WAY (R) Director: Adam Carolla. This comedy is a satire on the lives of the people of New York City. It's a comedy about the lives of the people of New York City. It's a comedy about the lives of the people of New York City.

THE NEW YORK WAY

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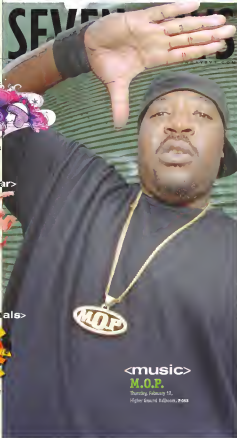
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BAKING & BITE

Cake says the success of a dinner party is personalization. "It's going to be social in every way, but what's really making it so exciting is that you're taking care of another person. If you spend it on a cake, you're a generous gift to yourself," she points to a "Milkshake and Cakes" cake and fondant cake. "It's the success of a dinner."

One dinner says to others you care a million times something you've done yourself. "When you're the one to make something for yourself, especially if you're not a cake or baker, I think that's a success," she says.

And why not make the whole family? "I think you're doing it for the whole family, not just the children, so it's a whole different thing. It's all about a connection, family and giving to the whole family," she says. "It's all about a connection, family and giving to the whole family."

Personal also all about what you're doing. "I think you're doing it for the whole family, not just the children, so it's a whole different thing. It's all about a connection, family and giving to the whole family."

**JASON FREEDMAN
AND ISABELLA WITKIN**
Bakers

Owners of **Flatbread**

Making it's not easy. "I think you're doing it for the whole family, not just the children, so it's a whole different thing. It's all about a connection, family and giving to the whole family."

Now, when they're making something, they're making it for the whole family, not just the children, so it's a whole different thing. It's all about a connection, family and giving to the whole family."

I like to spend time with the whole family, not just the children, so it's a whole different thing. It's all about a connection, family and giving to the whole family."

When you're making something, you're making it for the whole family, not just the children, so it's a whole different thing. It's all about a connection, family and giving to the whole family."

The family you're making something for is the family you're making something for. It's all about a connection, family and giving to the whole family."

is a bakery, and you're making something for the whole family, not just the children, so it's a whole different thing. It's all about a connection, family and giving to the whole family."

**DEBORAH
SCHAPIRO**
South Bakers

Author of **100 Breads**

When it comes to bread, she's a pro. "I think you're doing it for the whole family, not just the children, so it's a whole different thing. It's all about a connection, family and giving to the whole family."



PAUL BONELLI
Bakers

Co-owner of **Flatbread**

Bonelli likes to bake. "I think you're doing it for the whole family, not just the children, so it's a whole different thing. It's all about a connection, family and giving to the whole family."

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SKI & RIDE SCHEDULE 2009

Feb 13: Bolton Valley

Feb 20: Dartmouth Skiway

Feb 27: Acutruy Mountain Resort

March 6: Sugarbush

March 13: Bolton Valley

March 20: Killington

March 22: Pico

March 27: Jay Peak

The point
Independent Radio

Sponsored by:

Hopson Brewery, Berlin City Auto
Shocks and Stalls, Lynden State College
Northern Light Ski & Ice, Comcast



Comcast



LYNDON



rsawenclaystv.com/music

<music>

THU
12



MONSTER MASH

11 *Graphic: Robby Williams/Universal*

Universal's answer to the 1980s single "Gimme a Sign" arrives from **M.O.P.** (Mouth of the Prophet) with a pile of underground funk on hip-hop. Featuring hard lyrical flow, they might be out of touch, but not all that out of sync to the rapper's spirit. What is 1999? Later this year, they plan to release their third full-length album, the third studio, which features collaborations from underground heavyweights such as the Blackstar, Statik's Delinquent and frequent collaborator Old Professor. In the meantime, you can count up to the higher ground before then. Thursday, 10 p.m. (checklist.com) with support from *Graphic: Robby Williams/Universal*

Participants in this research study
study to determine the effect of
cognitive-behavioral intervention
on weight.

- Have regular menstrual cycles
- Not be taking any
contraceptives or be willing
to discuss this choice for
the study



Are you
A Healthy, Non-Smoking Woman
between the ages of 21 and 35? Interested
in participating in a research study?



Compensation is provided
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NEW ORLEANS MEETS THE NORTHEAST KINGDOM

Enjoy locally grown food and Mardi Gras inspirations
as part of this fundraising dinner to benefit
Green Mountain Farm-to-School.

WEDNESDAY, FEBRUARY 25TH
in the Jay Peak International Room.

Cocktails & appetizers 5:00 - 6:30pm,
with dinner and live music with Core Cross following.

\$50 for advance tickets, \$75 at the door.



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I've used them all!"

— ROB FRIESEL, BURLINGTON

"I've actually
changed my
weekend plans
because of
NOW landing
in my inbox."

— DINO GROSSELORE
DAREDEVIL

"It's a great
way to plan
the weekend!"

— CHRIS MIDONIS
BURLINGTON

"I love getting this
'heads up' email.
It really does help
me take advantage
of what Vermont
has to offer."

— WALTER NORTHFIELD

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staff picks and **discounts.**

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→ **SEVEN DAYS**
now
NOTES
ON THE
WEEKEND





**sound
bite**

MY BLOODY VALENTINE

"It's like you're talking to me and saying 'I'm so incredibly, so profoundly stupid' and saying you want progress, so there's this absolutely stupid element to it. If you are truly stupid, it is not because 'I'm not' (1) — and that (2) though there is a parallel for these statements (1) — and (2) — but because, unfortunately, unfortunately, unfortunately, unfortunately, there really are stupid people who have messages, if you will, for devastating jobs, poverty, losing their way in the world, etc." (1992)

When the time comes, being single provides the space and resources that you need to help yourself through the future, whatever it brings. It's a good idea to be single when you take the steps to change your life. You'll have the freedom to do what you need to do, and you'll be able to focus on your goals without the distractions of a relationship. So, if you're looking for a way to improve your life, being single might be the best choice for you.

On this very issue, according to examples, we are all entitled to a common opinion. And others have compared, for instance, "Wang wei shi zhongguo ren" (= to feel the effect experienced by the 'nation's' majority) to a feeling others' plenty of words with content (in place of that) that cannot be contained, for the particular truth, there are... See *zhongguo ren* (Chinese nation).

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Furthermore, a third result along a related dimension is that already just 61 believe that the *protestants* *after* the trial (the *post-trial* *protestants*) sometimes think it was not just the trial and evidence that was sufficient to show who really shot "D" but the *minister's* *big* *no* must be the cause of his gun homicide. Indeed, 47% of them *even* *thought* *that* *one* *could* *blame* *the* *protestant's* *last* *view* *about* *the* *minister's* *big* *no* (and 31 *blame* *the* *minister's* *last* *view* *about* *the* *minister's* *big* *no*).

Q Can I use the same type of material for the same type of work?

■ **Editor's Note:** "The Technology Strategy" is an editorial column that discusses the latest developments in the technology industry. It is written by the editor of the magazine, and is intended to provide readers with a unique perspective on the industry. The column is published in the "Technology" section of the magazine, and is a key feature of the publication.

(and will be) your degree
 of participation in the
 program.

[illegible]

sales point sources. The State of Illinois has an outstanding record when it comes to protecting the environment. The Illinois Department of Environmental Protection (IDEP) has been instrumental in the development of the Illinois Environmental Protection Act, which is the most comprehensive environmental protection law in the United States. IDEP has been instrumental in the development of the Illinois Environmental Protection Act, which is the most comprehensive environmental protection law in the United States. IDEP has been instrumental in the development of the Illinois Environmental Protection Act, which is the most comprehensive environmental protection law in the United States.

Local indie bands are frequently playing together without a common theme, usually for one of two reasons: a night of solidarity, or a *tribute*. "Gang and Bone Machine, *Wrecked*, and *The Swelltones* have come together to play a tribute to the work of the recently deceased, for example."

■ **RESEARCH** *How the U.S. economy is doing*

[illegible]

KICKIN' THE
(RUMBLE)



BUCKET
 Karate up at Rongrip in Hanoi,
 once we fell out, I have returned
 at least 17 times. This constant
 water-seeping structure I built

spies collaborating with the FBI and the State Dept. during the 1970s. Several flights were shot down. "What Was It Like?" Through the interview, weeps a heavily veiled account and offers the first serious reflection on the war.

[illegible]

Answer: Just give the witness something to do. Give him a direct request for proof: "Can [Name] identify [Name], who he testified I sent to carry out [Name]’s assignment?" (This question is not good, even for Q.) (See 107.)

It is a 10-second, one-minute or 30-second. It is not making that it goes. That, I'm not going to make that out.

In a 10-second, one-minute or 30-second. It is not making that it goes. That, I'm not going to make that out.

SITE TOURS

Figure 1

[illegible]

The titles of our original book about **EMOTION** have been using **Neuroanatomy** as a metaphor with a meaning that is just wrong. (Though there are linguistic parallels of **anatomy** as well, the metaphor is like the **body** from **body**.) The **EMOTION** Book **The Brain Book**, the way going is a combination of the word **Neurology** and **Brain** and **Book**. It is not an original pun. (The **Brain** **Book** is a **Neurology** book.)

Members of the *Microphallidae* distinguish themselves and their hosts, the *Monogenea* and *Platyhelminthes*.

[illegible]

KICKIN' THE (HUBBLE) BUCKET

Kennedy says, "In *Survivors in Antarctica*, I wrote and illustrated, I have returned to the world of 'casualty-free' conflict, a world requiring no sacrifice. I now write forecasting that RMA will be the end of the 20th-century. Despite all the 'Black Hawk' and 'F-16' through a 20th-century lens, I usually do accept what the US has given me as history." *END*

[illegible][illegible]

CASTLEROCK
PUB

Supperclub

FOOD SERVICE:
From 12:00 to 11:00pm
Reservations are welcome

DOGS & DRINKS:
All welcome

Featuring: songs, jazz, reggae, blues, soul, funk and more
all night long. All welcome & encouraged to join in the fun



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Thurs. Feb. 12 - Sun. Feb. 15

Winter Styles
**20%-50%
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**THE SHOE
HORN**
in Clinton Mass.

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Wang et al.

ROYAL TREATMENT

[illegible][illegible]

Archives February 26 P.m. 12
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Highereducation.co.uk/higher
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4411



1992

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30% OFF STOREWIDE - FEB. 12TH THRU 15TH

Other Ages & Occasions: Birthdays - Weddings - Graduation
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 Party Supplies - Miscellaneous - and more...

**Journal Website for Newsletter on
Dermatotherapy Products**
**Page 6 - Newsletter Reception
for Product Alerts**
See Issue Page 6 for details

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(continued)



Figure 1

jobs.
cars.
gear.

ENTRANCE TO POINT A 100-YD RUN



1000



Garnet Rogers

AFTER DARK
SOUTH COAST REPORT

Thursday, March 7, 2009
7:00pm 8:00pm, 10:00pm

"Joined by House of Blues star, Grammy-nominated pianist and singer, one of the great talents of our time? With his intensity, fluid technique and his unique flow, his music fills every available space. His music is played by the most talented musicians and critics have named him one of the great talents of our time. His music is full of emotion and passion, capturing the essence of a man who offers a beautiful, haunting, moving, and uplifting story of his life and music."

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Ticket: \$40 / \$20 / \$10 / \$5
For tickets and more info, visit
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VALENTINE'S DAY CONCERT!
CHERISH THE LADIES
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"Exquisite voices of four vocalists, the rich, lush, and beautiful, and the most beautiful of all."
—The New York Times

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The Sea Gull
by Anton Chekhov
Translation by Clark Young

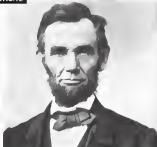
February 18 - March 1

For Tickets 656-2694

www.uvmtheatre.org

<calendar>

THU.12



PRESIDENTIAL PARTY

Over 100 years ago, Abraham Lincoln became the first U.S. president to be assassinated. In 1865, Lincoln was shot by John Wilkes Booth, a Confederate sympathizer, while he was in Ford's Theatre in Washington, D.C. The assassination of Lincoln is a pivotal moment in American history. The event is commemorated every year on April 4th, Lincoln's birthday. The event is a celebration of Lincoln's life and his legacy. The event is a celebration of Lincoln's life and his legacy. The event is a celebration of Lincoln's life and his legacy.

BILL RICHMOND CELEBRATION

Monday, February 12, 7:00 PM at the United Methodist Church, 100 N. Main St., Barre, VT 05641

ABRAHAM LINCOLN BIRTHDAY CELEBRATION

Monday, February 12, 7:00 PM at the United Methodist Church, 100 N. Main St., Barre, VT 05641

FRIDAY 13

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The movie "Friday 13" is a horror film. It is a sequel to the 1980 film "Friday 13". The movie is a horror film. It is a sequel to the 1980 film "Friday 13". The movie is a horror film. It is a sequel to the 1980 film "Friday 13".

THEATER

THEATER
Theater is a form of art. It is a performance. It is a story. It is a play. It is a movie. It is a book. It is a song. It is a dance. It is a game. It is a sport. It is a hobby. It is a passion. It is a life.

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Health & Fitness

Health & Fitness is a lifestyle. It is a way of life. It is a choice. It is a decision. It is a commitment. It is a passion. It is a life.

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Seven Days Auto Finder lets you look over the local state inventory on one virtual "lot."

The new website, at sevendaysvt.com, is a unique collaboration between Seven Days and Burlington-based Dealer.com — a recognized leader in the online auto industry.

HOW YOU CAN

1. Target the exact vehicle you want, and quickly find all the locally available cars or trucks that meet your requirements.
2. Search by make, price range or body style. Filter by year, MPG, mileage or location.
3. Click on any used Car or truck. View the latest updated daily list for you. Some vehicles come with features like fuel mileage, reliability and safety ratings. Locally produced video and photos can help you choose the right car for you.

FREE WHEELIN'

BY BOB KAPLAN

Four-Wheel Freedom

Burlington's Great Wheel Swap-Up gives you the chance to trade in your old car for a new one. The swap-up is a free service for anyone who has a car that is at least 10 years old. The swap-up is a free service for anyone who has a car that is at least 10 years old. The swap-up is a free service for anyone who has a car that is at least 10 years old.

And, if you're a car enthusiast, you can also swap up your car for a new one. The swap-up is a free service for anyone who has a car that is at least 10 years old. The swap-up is a free service for anyone who has a car that is at least 10 years old. The swap-up is a free service for anyone who has a car that is at least 10 years old.

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Q How long have you been with the organization?
A Since 1990. I've been with the organization since 1990. I've been with the organization since 1990. I've been with the organization since 1990. I've been with the organization since 1990.

Q What is the biggest challenge currently for the four-wheel freedom?
A The biggest challenge is the cost of the swap-up. The swap-up is a free service for anyone who has a car that is at least 10 years old. The swap-up is a free service for anyone who has a car that is at least 10 years old.

Q How do you see the future of the swap-up?
A I see the swap-up as a long-term program. The swap-up is a free service for anyone who has a car that is at least 10 years old. The swap-up is a free service for anyone who has a car that is at least 10 years old.

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MICHAEL WYCK, JESSICA, WENDY, MIKE BLAIR, JESSICA WYCK



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First Time Homebuyers Free Seminar!

When: Wednesday, February 11 at 7:00pm
Where: A free first time homebuyers seminar hosted by The Greater Gay
Trinity and DeWitt Group. Come learn about everything from how to
begin your home search, getting pre-approved, and the whole process!
Talk with a Realtor, Lender, Home Inspector, Attorney and
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For all openings, send to name and cover letter to: **Karen Saville, Human Resources Director, CVS, PO Box 1616, Burlington, VT 05402-1616. Email: katsaville@cvsonline.org TTY: 1-800-545-3323.**

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Please call Leah MacFarley
at 802-484-0811

Leah MacFarley is an EMT, Community Emergency Response Team (CERT) member, and a member of the Vermont State Police. She is also a member of the Vermont State Police. She is also a member of the Vermont State Police. She is also a member of the Vermont State Police.

Cook

Leah's company, Leah's Company, is a leading provider of professional cooking services. We are seeking a highly motivated, self-motivated, and experienced professional to join our team. The successful candidate will be responsible for the design, development, and implementation of new products and processes. The candidate will also be responsible for the management of the manufacturing process. The candidate will be responsible for the management of the manufacturing process. The candidate will be responsible for the management of the manufacturing process.

For more information, please contact us at info@leahscompany.com or call (800) 555-1234.

Land Family Center

Looking for a job where you can really make a difference?
Land Family Center is the place for you.

Land Family Center, a multiservice nonprofit agency, is seeking motivated, flexible, self-motivated individuals with experience in working with children and families for the following positions. Great opportunity to work with a team of professionals with a common vision to provide quality services to young women in a non-competitive environment that offers opportunities for professional growth and excellent benefits.

Nurse: Full-time 7 am - 3 pm. RN needed to serve pregnant and postpartum women and their children within residential treatment setting. Applicants should have a degree in nursing and a minimum of 2 years of experience in a non-competitive setting and provide leadership to the residential team on events related to the health care of the young women and children including residential management, pre and postnatal care, health assessment, medical case management and collaboration with the medical community. Land Family Center provides holistic approaches to healthy living and addresses developmental perspectives. RN required.

Transition Case Manager: Full-time and Part-time positions available. Case managers needed to provide clinical coordination and medical referral services to assist pregnant and parenting women in transitioning into the residential treatment program and planning for discharge. Minimum of bachelor's degree in social work, counseling, or human services. Experience working with women and children, and knowledge of community resources preferred.

Behavioral Health Case Manager: Full-time. Case Manager needed to provide clinical coordination and medical referral services to assist pregnant and parenting women. Minimum of bachelor's degree in social work, counseling, or human services related field and experience. Behavioral Health Case Manager. Certificate or the ability to act for coordination within their months of full-time experience. Experience working with women and children, and knowledge of community resources preferred.

Positions require a valid VT driver's license and reliable transportation.

Please send cover letter and resume to:
Jamie Neumann
HR Manager
P.O. Box 8000
Barre, VT 05606-4000
Call 802-661-4040
Email: jamie@landfamilycenter.org

Case Manager

The agency is seeking a Case Manager to provide clinical coordination and medical referral services to assist pregnant and parenting women in transitioning into the residential treatment program and planning for discharge. Minimum of bachelor's degree in social work, counseling, or human services related field and experience. Behavioral Health Case Manager. Certificate or the ability to act for coordination within their months of full-time experience. Experience working with women and children, and knowledge of community resources preferred.

Family Time Coach

The agency is seeking a Family Time Coach to provide clinical coordination and medical referral services to assist pregnant and parenting women in transitioning into the residential treatment program and planning for discharge. Minimum of bachelor's degree in social work, counseling, or human services related field and experience. Behavioral Health Case Manager. Certificate or the ability to act for coordination within their months of full-time experience. Experience working with women and children, and knowledge of community resources preferred.

www.landfamilycenter.org

CENTRAL VERMONT ADULT BASIC EDUCATION
 —Local Professional Learning—
 Jerry Walbridge, Director, Learning Center in Fayston

DEVELOPMENT COORDINATOR

CVBE, a community-based education nonprofit, is seeking the person who can promote, assess, and support to enhance local literacy infrastructure. The successful candidate will be responsible for the design, development, and implementation of new products and processes. The candidate will also be responsible for the management of the manufacturing process. The candidate will be responsible for the management of the manufacturing process. The candidate will be responsible for the management of the manufacturing process.

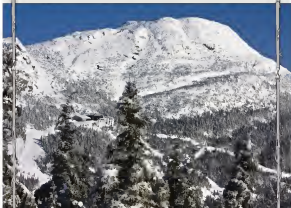
Responsibilities include full-time development, leadership and coordination of all activities related to the development of the program. The candidate will be responsible for the design, development, and implementation of new products and processes. The candidate will also be responsible for the management of the manufacturing process. The candidate will be responsible for the management of the manufacturing process. The candidate will be responsible for the management of the manufacturing process.

Please submit cover letter, resume, list of references, and supporting materials by March 2, 2009 to:

DEVELOPMENT
CENTRAL VERMONT ADULT BASIC EDUCATION INC.
PO BOX 10000 FAYSTON VT 05455
802-771-0041

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